

NEURITIS, NEURALGIA, AND SCIATICA CAUSED BY STARVED NERVES

Undernourishment Produces Inflammation That Causes
the Acute Pains That Characterize These Diseases
and the Remedy Is Food for the Nerves

The pains of neuritis are caused by undernourished nerves. As the nerves get all their nourishment from the blood this means that the blood is lacking in some of the elements that are vital to the health of the nerves. There is no way of getting medicine or nourishment to the nerves except through the blood. Even opiates when injected to deaden or quiet a nerve reaches it through the blood stream. When the blood is thin and pale the nerves are starved. When the blood is rich and red the nerves are well nourished. The importance of building up the blood to correct nervous troubles is also shown in actual experience.

"I had neuritis and liver trouble at the same time," says Mrs. C. Melendy of No. 1 Cedar street, Concord, N. H., "and I found the treatment with Dr. Williams' Pink Pills and Pinklets to be just what my condition required. I had suffered for a number of years and nothing seemed to give me permanent relief. The neuritis pain was in my right shoulder blade and at times it seemed as though it would drive me crazy. I had bilious attacks and sick headaches, was constipated and in the morning my tongue would be coated. My appetite was bad, my nerves were unstrung and I was tired and worn out."

"After reading about Dr. Williams' Pink Pills I gave them a trial and in a short time I noticed that I was being benefited. The pain in my shoulder grew less and less and finally disappeared. I have not had it since. My color improved and I gained in strength. I took Dr. Williams' Pink Pills for my liver. They are a fine remedy for constipation and by their use I have overcome the bilious attacks. I used them at the same time with Dr. Williams' Pink Pills and am glad to speak a good word for these remedies."

A Case in Hartford.

When the nerves are starved because the blood no longer carries to them the nourishment they need pains and aches develop in various parts of the body. Neuralgia, sciatica or neuritis may result when the nerves are undernourished and these painful conditions will continue until the blood is built up so that it is able to supply to the nerves the elements they need to keep them in health.

Mrs. Morris Kratz of No. 2 Judson street, Hartford, Conn., suffered from poor circulation, neuritis and indigestion. Her case shows what can be done in such a complication of troubles by building up the blood, poor blood probably had been to blame for all her suffering. She says:

"My arms ached so at night that I could not sleep and at times my

limbs would be absolutely numb. I had awful pains in my back and hips. When I got up in the morning I could not stand straight. My knees were like ice and I was in torment all of the time. My digestion was affected and I had severe stomach pains after eating."

"I had tried about every remedy I had heard of but nothing helped me until I got Dr. Williams' Pink Pills. Then the change was wonderful. I do not have any of the pains any more nor any indigestion. I feel better than I have felt in many years. I have recommended Dr. Williams' Pink Pills to many others and some of my friends are taking them now with good results. I shall be glad to tell anybody what they have done for me."

Neuritis Follows Influenza.

Many people who in the last few years have suffered an attack of influenza have never recovered the full vigor of health that they enjoyed before. Influenza leaves the system debilitated and peculiarly susceptible to diseases that are caused by or depend upon this blood. To correct these diseases when they appear and to strengthen the system so that it will resist them it is necessary to build up the blood.

"Last January," says Mrs. Ellen McLean of No. 14 Barnes street, Ashmont, Boston, Mass., "I had an attack of influenza and it left me in a very run-down condition. My strength was gone and I had no appetite. I suffered from neuritis pains in my shoulders which were worse at night and I got very little sleep. In the morning I would be so weak that I could not lift up my hands to do my hair. I was just able to drag myself around the house. When I was a girl I lived in Prince Edward Island and Dr. Williams' Pink Pills were our family remedy. I had used them for anemia and they built me up so I thought I would try them to see if I could get rid of the after-effects of the influenza. While I was on the second box I commenced to get my strength back. Soon the dull, languid feeling was gone. In three weeks I had a good appetite and my strength had returned so that I could do my housework without getting tired out."

"In a short time the neuritis pains were gone entirely. I have great faith in Dr. Williams' Pink Pills for they gave me more strength and ambition than I have had in a long time. I have recommended them to others and shall continue to do so."

Dr. Williams' Pink Pills are sold by all druggists or direct from the Dr. Williams' Medicine Co., Schenectady, N. Y., on receipt of price, sixty cents per box. Write for the free booklet on nervous disorders.—adv.

WORCESTER

Henry King Died as Result of Third Shock.

The funeral of Henry King was held Saturday afternoon from the Methodist church, Rev. Charles St. John of Montpelier officiating, with interment in the Worcester cemetery. The bearers were Forest Grey, Arthur Johnson, Will Hall and Frank Hathaway. The floral offerings were: Roses, Mrs. King; pillow, children; carnations, Mr. and Mrs. Frank King, Mr. and Mrs. Elmer Brown; carnations, the Friday afternoon club; flowers, grandchildren, Bernice and Bernard Merrill.

Those from out of town to attend the funeral were Mr. and Mrs. Will Hall of East Montpelier, Mr. and Mrs. Elmer Brown of East Calais, Mrs. Inez Alexander of Montpelier and Mrs. Florence Richardson of Calais.

Henry Martin King passed away at the home of his daughter, Mrs. Clayton Martin of Montpelier, where he had been living since last October. Two years ago he suffered his first shock and had been in poor health since that time. Last October he suffered a second shock and a third one on Tuesday, which resulted in his death.

Mr. King was born in Northfield, June 18, 1857, the son of David and Florida (White) King. They moved to Worcester when he was 11 years of age, so that practically all his life was spent in this town. He was a farmer by occupation and was married in July, 1884, to Mrs. Lizzie (Martin) King of Montpelier, who survives him, also the four daughters who were born to them, Mrs. Lilla Merrill of Montpelier, Ellen, wife of Arthur Alexander of Montpelier, Emogene, wife of Martin Herbert of Worcester and Mildred, wife of Clayton Martin of Montpelier; also three grandchildren, Bernice and Bernard Merrill and Evelyn Herbert. There are also two sisters, Mrs. Elmer Brown of East Calais and Mrs. Della Levitt of Cleveland, O.; one brother, Frank King of Worcester; one half-brother, Charles King of Marshfield, and one half-sister, Mrs. Matilda Hovey of Skowhegan, Me.

Rev. Fred Sterling is suffering from the prevailing distemper.

Earl Maxham of Barre and Mrs. Rufus Chamberlain of Montpelier were Sunday guests at M. C. Maxham's.

Mrs. Henry King is spending a few days with her daughter, Mrs. Martin Herbert.

Henry Bailey has moved from Middlesex to the John Story house.

Mark Laid was a recent business visitor in St. Albans.

The Old, Old Saying.

"There's nothing sure but death and taxes," carries more weight than ever. If you desire to leave your estate intact, your legacies 100 per cent. intact, you need life insurance to settle your estate and pay the necessary taxes. National Life Ins. Co. of N. Y. (Mutual) S. S. Ballard, general agent, 45 State street, Montpelier; G. J. Senger, local agent.

Poor Devil!

"What sort of man is Peckton?" "Put him with a crowd of men and he's as red-blooded as anybody."

"I see."

"But his wife scolds his hair!"

Birmingham Age-Herald.

116 NEW YORK A. E. F. SUICIDES

Of Which An Even Hundred Were of Enlisted Men

GERMAN DESCENT
SOLDIERS CHIEFLY

Despair Over Winning War
Seemed to Actuate Suiciding Officers

Albany, N. Y., Feb. 16.—One hundred and sixteen New York state soldiers took their own lives overseas during the World war, a statement issued today by Adjutant General J. Leslie Kincaid said. One hundred of the suicides were enlisted men, and 16 were officers.

"While it is impossible at this late date to assign a proper cause leading to each individual suicide," said the statement, "the officers particularly were overcome with the feeling that winning the war was an impossible task and that the world's future was to be swept away by the triumph of German arms. Impulses of a more personal character were evidenced in the suicides of the enlisted personnel."

"To some the fear of death coming upon them in some frightful unheard of form, was enough to destroy their moral steadfastness, while to others a clairvoyant certainty that they were to work harm to those whom they loved across the seas was a sufficient cause to cause them to blot out their lives."

Soldiers of German descent, the report said, seem to lead other nationalities in the figures, showing the extent of suicides.

"When an officer took the all-ending leap he, as a rule, sought relief on a charge from his pistol," said the statement, "a coil of rope seemed to possess an uncanny fascination for the enlisted man after he had arrived at the conclusion that his lot could no longer be borne."

THREE GREAT-GRAND-CHILDREN IN 48 HOURS

Mrs. Bertha Perkins in 98 Year Has Found Herself Suddenly Enriched with Relatives.

Sabetha, Kan., Feb. 16.—Mrs. Bertha Perkins, who will be 98 years old next April, found a real thrill recently when three additional great-grandchildren arrived in three Sabetha homes, within a period of 48 hours. They brought the number of her descendants up to 274.

Mrs. Perkins' five generations of descendants are divided as follows: 10 children, eight of whom are living; 75 grandchildren, 155 great-grandchildren, 25 great-great-grandchildren, 9 great-great-great-grandchildren.

Mrs. Perkins was born in Virginia, April 25, 1824; married David Perkins in Ohio, March 16, 1843. Her maiden name was Bertha Marcus. In 1848 she emigrated to Iowa, and in 1867 took a homestead in this state—Nemaha county—where she has lived since. Mr. Perkins died in 1893.

"Good and old fashioned cooking," is the recipe Mrs. Perkins gives for her longevity. "It is no wonder people do not live to old age like they used to, considering the rich foods they put in their stomach nowadays. People do not eat enough coarse food. Corn bread once or twice a day would improve their health. Here are a few of her ideas as she expressed them:

"I believe women should aid their husbands in voting right, but do not believe women should go into politics or vote."

"Cooking courses in schools and colleges run too much to fudge and fancy dishes. I believe still, that the best place for a girl to learn housekeeping and cooking is from her mother—but I am in doubt whether some of these modern day mothers know much about such things."

"Work is the best tonic. Why, I do something every day. In the summer I take care of my vegetable garden. Last summer I raised so many vegetables I had them to pass around among the neighbors."

A Hot Finish.

Friend—Did your novel have a happy ending?

Riter—No, unhappy. Seven publishers turned it down, and I burned it up.—Boston Transcript.

Home-made, but Has No Equal For Coughs

Makes a family supply of really dependable cough medicine. Easily prepared, and saves about \$2.

If you have a severe cough or chest cold accompanied with soreness, throat tickle, hoarseness, difficulty breathing, or if your child wakes up during the night with a cough and you want quick help, try this reliable old home-made cough remedy. Any druggist can supply you with 25¢ ounces of Pinex. Pour this into a pint bottle and fill the bottle with plain granulated sugar syrup. Or you can use clarified molasses, honey, or corn syrup, instead of sugar syrup, if desired. This recipe makes a pint of really remarkable cough remedy. It tastes good, and in spite of its low cost, it can be depended upon to give quick and lasting relief.

You can feel this take hold of a cough in a way that means business. It loosens and raises the phlegm, stops throat tickle and soothes and breaks the irritated membranes that line the throat and bronchial tubes with such promptness, ease and certainty that it is really astonishing. Pinex is a special and highly concentrated compound of genuine Norway pine extract, and is probably the best known means of overcoming severe coughs, throat and chest colds. There are many worthless imitations of this mixture. To avoid disappointment, ask for only "Pinex" with full directions and don't accept anything else. Guaranteed to give absolute satisfaction, or money promptly refunded. The Pinex Co., St. Wayne, Ind.

Alkali In Soap Bad For the Hair

Soap should be used very carefully, if you want to keep your hair looking its best. Most soaps and prepared shampoos contain too much alkali. This dries the scalp, makes the hair brittle, and ruins it.

The best thing for steady use is Mulsified coconut oil shampoo (which is pure and greaseless), and is better than anything else you can use.

One or two teaspoonfuls of Mulsified will cleanse the hair and scalp thoroughly. Simply moisten the hair with water and rub it in. It makes an abundance of rich, creamy lather, which rinses out easily, removing every particle of dust, dirt, dandruff and excessive oil. The hair dries quickly and evenly, and it leaves the scalp soft, and the hair fine and silky, bright, lustrous, fluffy and easy to manage.

You can get Mulsified coconut oil shampoo at any pharmacy. It's very cheap, and a few ounces will supply every member of the family for months. Be sure your druggist gives you Mulsified.—adv.

This Pure Cream Stops Head Colds

Apply in Nostrils—it Opens Air Passages Instantly.

Colds and catarrh yield like magic to soothing, healing, antiseptic cream that penetrates through every air passage and relieves swollen, inflamed membranes of nose and throat. Your clogged nostrils open right up and you can breathe freely. Hacking and sniffling stop. Don't stay stuffed up and miserable.

Get a small bottle of Ely's Cream Balm from your druggist. Apply a little in the nostrils and get instant relief. Millions endorse this remedy known for more than 50 years.—Adv.

An entirely new kind of soap

For all the regular
family wash



Dissolve in boiling water
Pour into tub of lukewarm water
Use enough Rinso to get big, lasting suds



More cleansing power than bar soap

A new kind of soap.

Soap made of pure materials combined in such a way that it has more cleansing power than soap has ever had before.

This new kind of soap gently soaks loose the most ground-in dirt without weakening a single thread.

Rinso dissolves completely and almost at once in boiling water. It gives such soapy water, such big lasting suds that soaking does almost all the work instead of a small part of it. Even the worst soiled spots need but a light rubbing with dry Rinso.

Rinso soaks clothes so clean that boiling isn't necessary. But if you like to boil your white cottons see what a difference it makes in your boiler.

If you have a washing machine help it do its best work by using Rinso in it. Rinso takes the place of bar soap at every step of the family wash.

Rinso is made by the largest soap makers in the world. Get Rinso today at grocery and department stores. Lever Bros. Co., Cambridge, Mass.

RURAL SCHOOLHOUSES VERMONT FORTRESSES

Declares Dorothy Canfield Fisher, We Have Kept the Fortresses Strong She Declares.

Suppose the farmers in your town were deprived of modern improvements for their work, like manure-spreaders, the silo, the disk-harrow, the saw-plant, the elevator. What chance would they stand against city farmers, provided with twentieth century equipment?

You don't see in your mind's eye one of them saying contentedly as he holds his sap in a big open iron kettle, full of bits of bark and ashes, "This was plenty good enough for grandfather, and he was a fine man. I guess it's good enough for me." No, of course you don't.

Equally, of course, every Vermont country child who grows up without a good, sound, fair, modern education is at a great disadvantage among his better-trained rivals in life, as if he were forced to move his hay by hand and plow all his boards with a hand plane.

This is the plainest statement of fact, which nobody could dream of denying. Our Vermont country children must have better schools than they had, if they are not to be hopelessly handicapped in the world.

But the last census shows us that country districts in Vermont have fewer people in them than before. That means less money, less reserve stores of cash and strength to draw on. There is the situation. Look squarely at it. Absolute need for better schools and fewer people to do the work of getting better schools.

Well, that's not nearly as bad as it sounds. The redeeming feature of the case is that Vermont is still largely populated by Vermonters, not by foreigners ignorant of American traditions as in many states about us. And Vermonters have shown during all

their history that they are capable of rising to an occasion when rising is needed.

The state board of education has tried, on its part, to do its fair share of rising to the occasion, by doing three things: they have set aside a fund of ten thousand dollars to help in this work; they have created the position of supervisor of rural schools and they have put in it the very best person they could find, Miss Rose Lucia, of Montpelier; and they have planned a program for improvement arranged so that there is a clear, definite and simple method of obtaining the state aid.

But state aid, like any sort of help from the outside, is a remarkably poor stick to lean on, and never gets anybody very far. What is needed is a renewal of the sacred American feeling of personal responsibility about public affairs and our schools. After all the very name "district school" means that it belongs to and should be protected by the district where it stands. If we saw our district school going up in flames, we would tear out and get together to put out the fire. But we do not see the "slow smokeless burning of decay," which goes on slowly before our eyes, year after year, and which reduces our schools in value and efficiency. If we saw a tramp, snatching from a school child his lunch for that day, we would boil with indignation and feel it our plain duty to protect the defenseless child. But we do not see ignorance, robbing our children of their fair equal in life, not for a single day, but for all their years to come. And yet we have arms with which to protect them against this danger.

Those arms are within any Vermonters' reach. They are the same energy, inventiveness and perseverance with which we keep our personal affairs going, and our own homes safe, cheerful and worthwhile.

With our energy we can turn to and improve the material side of our educational outfit. We can easily solve this problem and transform any dreary, depressing schoolhouse into a bright, attractive schoolhouse, which will inspire both teacher and pupils to a quickened, more active school life.

With our ingenuity, our Yankee, Vermont inventiveness, which does not fail us in difficult moments in our personal lives, we can, each in his own way, devise ways for making country teaching interesting and dignified and worth while, so that our girls graduating from their normal courses will be eager to undertake it, instead of dreading and fearing it; so that our boys and girls will be drawn towards the school as towards a magnet of interest, so that we ourselves will feel it as our right to be, as the very center of our neighborhood life. With our perseverance, that steadiness of purpose which was so marked a characteristic of our forefathers in their struggles with problems much harder than this, we can stick to this campaign for better schools in country districts, till we have in each of our country districts, a clean, bright, pleasant school building, radiating intelligence, faith in country life and hope for the future, to every child depending on it.

The school house is our fortress against evil which threatens the best in American life. We have not kept

its defense up to date. We have allowed rust and damp and neglect to impair its efficiency. Every child we pass on our Vermont roads, should be a challenge to us, to provide him with better schooling. We can if we will. Dorothy Canfield Fisher.

MRS. HATFIELD SABINA, OHIO

In Pitiable Condition When She Began Taking Lydia E. Pinkham's Vegetable Compound

Sabina, Ohio.—"I took Lydia E. Pinkham's Vegetable Compound for weakness and irregularity. I was weak and nervous and could hardly stand on my feet long enough to cook dinner. I was this way for about a year and had tried several medicines and had a physician, but to no avail. My sister was taking your medicine and finally induced me to try it. I now feel fine and can do my housework without any trouble at all. You can use this letter for the sake of others if you wish."—Mrs. WILSON G. HATFIELD, R. R. 3, Sabina, Ohio.

Housewives make a great mistake in allowing themselves to become so weak and nervous that it is well-nigh impossible for them to attend to their necessary household duties.

Lydia E. Pinkham's Vegetable Compound should be taken when you first notice such symptoms as nervousness, backache, weakness and irregularity. It will help you and prevent more serious trouble.

MOTHER!

Clean Child's Bowels with
"California Fig Syrup"



Even a sick child loves the "fruity" taste of "California Fig Syrup." If the little tongue is coated, or if your child is listless, cross, feverish, full of cold, or has colic, give a teaspoonful to cleanse the liver and bowels. In a few hours you can see for yourself how thoroughly it works all the constipation poison, sour bile and waste out of the bowels, and you have a well, playful child again.

Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful to-day saves a sick child to-morrow. Ask your druggist for genuine "California Fig Syrup," which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.—adv.

How to Rid the Arms of Objectionable Hairs

(Aids to Beauty)

A simplified method is here given for the quick removal of hairy or fuzzy growths and rarely is more than one treatment required: Mix a stiff paste with some powdered talc and water, apply to hairy surface and after two or three minutes rub off, wash the skin and every hair has vanished. This simple treatment cannot cause injury, but care should be exercised to get real delatone.—adv.

Appetite Keen and Bowels Relieved

You can relish your meals without fear of upsetting your liver or stomach if you will get your faith in **CARTER'S LITTLE LIVER PILLS**. Foul accumulations that poison the blood are expelled from the bowels and headache, dizziness and yellow skin are relieved. Small Pill—Small Dose—Small Price